



ANN ARBOR YMCA LAP POOL SCHEDULE

WINTER 2018: JANUARY 8TH-FEBRUARY 25TH
 UPDATED 1/8/2018

Building Hours
 Mon. – Fri 5:30am-10pm
 Saturday 7am-7pm
 Sunday 7am-7pm

Child Watch Hours
 Mon. – Fri 8am-1:30pm
 Mon. – Fri 3-8pm
 Saturday 9am-2pm
 Sunday 10am-2pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30-9:10am Lap Swim	5:30-10:00am Lap Swim	5:30-9:10am Lap Swim	5:30-10:00am Lap Swim	5:30-9:10am Lap Swim	7:00-8:15am Lap Swim
9:15-10:30am Aqua Aerobics (4 lanes) Lap Swim (2 lanes)	10:00-11:00am Lessons (2 Lanes) Lap Swim (4 lanes)	9:15-10:30am Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	10:00-11:00am Lessons (2 Lanes) Lap Swim (4 lanes)	9:15-10:30am Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	8:15-9:00am Swim Lessons (2 lanes) Lap Swim (4 Lanes)
10:30am-4:30pm Lap Swim (6 lanes)	11:00am-4:30pm Lap Swim (6 lanes)	10:30am-4:30pm Lap Swim (6 lanes)	11:00am-4:30pm Lap Swim (6 lanes)	10:30am-3:30pm Lap Swim (6 Lanes)	9:00am-1:00pm Swim Lessons (4 Lanes) Lap Swim (2 Lane)
4:30-6:15pm Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	4:30-6:15pm Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	4:30-6:15pm Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	4:30-6:15pm Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	3:30-6:15pm Swim Lessons (3 Lanes) Lap Swim (3Lanes)	1:00-6:45pm Lap Swim (5 lanes) Family swim (1 lane)
6:15-7:30pm Swim Team/ Lessons (4 Lanes) Lap Swim (2 Lanes)	6:15-7:30pm Swim Team/ Lessons (4 Lanes) Lap Swim(2 Lanes)	6:15-7:30pm Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	6:15-7:30pm Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	6:15-7:30pm Lap Swim (6 Lanes)	Sunday 7:00am-2:00pm Lap Swim
7:30-8:30pm Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	7:30-8:30pm Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	7:30-8:30pm Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	7:30-8:15pm Swim Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	7:00-8:30pm Synchro (3 lanes) Lap Swim (3 lanes)	2:00-3:00 pm Synchro (2 Lanes) Lap Swim (4 Lanes)
8:00-9:45pm Lap Swim	8:00-9:45pm Lap Swim	8:00-9:45pm Lap Swim	8:15-9:45pm Lap Swim	8:30pm-9:45pm Lap Swim (6 Lanes)	3:00-5:00pm Family Swim (Shallow End) Synchro (Deep End)
					NO LAP SWIM 3-5p
					5:00-6:45pm Lap Swim

Lap Swim Etiquette

CARING- For everyone's safety: We request that upon entering an occupied lane, please make sure the other swimmer(s) are aware that you will be sharing the space.

HONESTY- Choose the lane that best fits your swimming ability and speed before entering the water.

RESPECT- Be patient and respectful of others.

RESPONSIBILITY- Circle swim (counter clockwise) when there are more than two swimmers per lane.

Enjoy your workout!! When we work together, lap swimming can be a wonderful and rewarding experience for all.

Private lessons/ Lifeguard Training

We reserve the right to conduct private lessons, lifeguard training and safety drills at any time.

Family Swim/ Swim time for children who have passed the swim test:

On Saturdays and Sundays we will offer areas for family swim/and children who have passed the swim test in the LAP POOL. Please check the schedule to see specific times and space available.

Please note that the Ann Arbor YMCA pool area will close 15 minutes prior to the building closing. This will allow members more locker room time before the building closes each evening. We appreciate your cooperation to ensure the safety and security of every member, participant, and staff. We hope you enjoy your swim!